

Variable	Mean	SD	Min	Max
Age	35.2	12.5	18	65
Gender	Male	10.5	0	20
Marital status	Married	15.2	0	20
Education	High school	12.5	0	20
Occupation	Unemployed	10.5	0	20
Income	Low	10.5	0	20
Health status	Good	15.2	0	20
Stress level	High	10.5	0	20
Life satisfaction	Low	10.5	0	20
Depression	High	10.5	0	20
Loneliness	High	10.5	0	20
Self-esteem	Low	10.5	0	20
Resilience	Low	10.5	0	20
Optimism	Low	10.5	0	20
Gratitude	Low	10.5	0	20
Forgiveness	Low	10.5	0	20
Empathy	Low	10.5	0	20
Compassion	Low	10.5	0	20
Kindness	Low	10.5	0	20
Generosity	Low	10.5	0	20
Patience	Low	10.5	0	20
Humility	Low	10.5	0	20
Modesty	Low	10.5	0	20
Shyness	Low	10.5	0	20
Introversion	Low	10.5	0	20
Neuroticism	High	10.5	0	20
Extraversion	Low	10.5	0	20
Agreeableness	Low	10.5	0	20
Conscientiousness	Low	10.5	0	20
Openness	Low	10.5	0	20
Stability	Low	10.5	0	20
Emotion regulation	Low	10.5	0	20
Attention	Low	10.5	0	20
Memory	Low	10.5	0	20
Reasoning	Low	10.5	0	20
Problem solving	Low	10.5	0	20
Decision making	Low	10.5	0	20
Goal setting	Low	10.5	0	20
Time management	Low	10.5	0	20
Organization	Low	10.5	0	20
Planning	Low	10.5	0	20
Initiative	Low	10.5	0	20
Leadership	Low	10.5	0	20
Teamwork	Low	10.5	0	20
Communication	Low	10.5	0	20
Interpersonal skills	Low	10.5	0	20
Conflict resolution	Low	10.5	0	20
Stress management	Low	10.5	0	20
Emotional stability	Low	10.5	0	20
Psychological well-being	Low	10.5	0	20
Life satisfaction	Low	10.5	0	20
Meaning in life	Low	10.5	0	20
Positive psychology	Low	10.5	0	20
Character strengths	Low	10.5	0	20
Virtues	Low	10.5	0	20
Values	Low	10.5	0	20
Beliefs	Low	10.5	0	20
Attitudes	Low	10.5	0	20
Perceptions	Low	10.5	0	20
Thoughts	Low	10.5	0	20
Feelings	Low	10.5	0	20
Behaviors	Low	10.5	0	20
Interactions	Low	10.5	0	20
Relationships	Low	10.5	0	20
Community	Low	10.5	0	20
Society	Low	10.5	0	20
World	Low	10.5	0	20
Universe	Low	10.5	0	20
Nature	Low	10.5	0	20
Environment	Low	10.5	0	20
Culture	Low	10.5	0	20
History	Low	10.5	0	20
Future	Low	10.5	0	20
Time	Low	10.5	0	20
Space	Low	10.5	0	20
Energy	Low	10.5	0	20
Life	Low	10.5	0	20
Death	Low	10.5	0	20
Existence	Low	10.5	0	20
Reality	Low	10.5	0	20
Truth	Low	10.5	0	20
Justice	Low	10.5	0	20
Freedom	Low	10.5	0	20
Equality	Low	10.5	0	20
Peace	Low	10.5	0	20
Love	Low	10.5	0	20

October 2, 2001

The Mat Mate™ is a soft, comfortable, washable, mat covering that stays on a mat during mat use such as nap time and playtime.